

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KELUHAN
SUBJEKTIF PERNAFASAN PADA PEKERJA DI INDUSTRI
PENGASAPAN IKAN KECAMATAN UNGARAN TIMUR TAHUN 2016**

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ABSTRAK

Pengasapan ikan merupakan teknologi yang telah diterapkan secara turun-temurun sebagai terobosan untuk mengawetkan ikan. Adanya proses pembakaran kayu di pengasapan ikan Kecamatan Ungaran Timur beresiko terjadinya pencemaran udara lingkungan. Tujuan penelitian adalah menganalisis faktor-faktor yang berhubungan dengan keluhan subjektif pernafasan pada pekerja industri pengasapan ikan Kecamatan Ungaran Timur.

Jenis penelitian adalah survei analitik. Sampel sebanyak 32 pekerja. Analisis data adalah univariat dan bivariat. Analisis bivariat adalah rank spearman, pearson product moment. Instrumen penelitian adalah spektrofotometer air sampler dan high volume air sampler. Hasil penelitian kualitas udara di pengasapan Kecamatan Ungaran Timur menunjukkan bahwa kadar gas pencemar udara dan debu TSP di bawah baku mutu udara. Kadar unsur pencemar udara di pengasapan Beji lebih tinggi dibanding pengasapan Kalisari. Hasil penelitian keluhan subjektif pernafasan diperoleh 90% responden pernah batuk saat bekerja, 88% responden pernah batuk saat libur kerja, 85% pernah sesak nafas saat bekerja, 10% responden pernah sesak nafas saat libur kerja, 60% responden pernah nyeri dada saat bekerja, 10% responden pernah nyeri dada saat libur kerja, 81% responden pernah pilek saat bekerja. Ada hubungan antara unsur pencemar udara dengan keluhan subjektif pernafasan. Ada hubungan antara pemakaian APD masker dengan keluhan subjektif pernafasan pada pekerja di pengasapan ikan Kecamatan Ungaran Timur. Tidak ada hubungan antara umur, masa kerja dan lama kerja dengan keluhan subjektif pernafasan pada pekerja di pengasapan ikan kecamatan unggaran timur.

Kepada pihak industri pengasapan ikan disarankan menyediakan APD masker dan memberikan edukasi pentingnya memakai APD masker. Menyediakan tabung oksigen dan pelatihan P3K untuk pekerja.

Kata Kunci : Keluhan Subjektif Pernafasan, Udara Lingkungan, Kualitas Udara, Pemakaian APD Masker, Umur, Masa Kerja, Lama Kerja.

**FACTORS ASSOCIATED WITH RESPIRATORY SUBJECTIVE
COMPLAINTS ON INDUSTRIAL CURING FISH WORKERS DISTRICT
OF EAST UNGARAN 2016**

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ABSTRACT

Curing of fish is a technology that has been applied for generations as a breakthrough to preserve fish. The process of burning wood in a fish smokehouse Eastern District of Ungaran have a risk of environmental air pollution. The study aimed was to analyze factors associated with subjective complaints of breathing in the curing fish industry workers Eastern was District of Ungaran.

This type of study was analytic survey. Samples was of 32 workers. The data has been analyzed was univariate and bivariate. The bivariate analysis was rank correlation, Pearson product moment. The study instrument was a spectrophotometer air samplers and high volume air sampler. Results of air quality in curing Ungaran subdistrict in East showed that the levels of air pollutant gases and dust TSP below the air quality standard. Levels of air pollutant elements in curing Beji higher than Kalisari. The results of the study subjective complaints of respiratory acquired 90% of respondents had a cough at work, 88% of respondents had a cough when off work, 85% had shortness of breath while at work, 10% of respondents had blown time off from work, 60% of respondents had chest pains at work, 100% of respondents had a cold when off work. There was a relationship between air pollutant elements with subjective complaints of breathing. There was a relationship between the use of PPE with subjective complaints of respiratory masks for workers at curing fish Timur. There was Ungaran subdistrict no correlation between age, length of service and length of employment with the subjective respiratory complaint of workers in curing fish Ungaran eastern districts. To inform industry of fish curing is recommended to provide PPE as masks and educate the importance of wearing PPE mask. Providing oxygen tube and first aid training for workers.

Keyword : Subjective Complaints Respiratory, Environmental Air, Air Quality, Use of PPE Mask, Age, Work Period, the Old Works.